

Demystifying the Fear around Job Searches – Webinar Outline

1. **Introduction – *Why Demystifying the Fear Webinar?***
 - Beth Holland
2. **Demystifying the Fear around Job Searches**
 - Alison Davis & Jeanine Baker
3. **Chat Q&A**

We will get started at 1 pm EDT!



Jeff Martin Visual Description

I'm Jeff Martin, the Director of Communications & Public Affairs for the American Anthropological Association. I am a white male with greying brown hair; I'm wearing black framed glasses, and I'm reporting to you from the cramped confines of my apartment kitchen.



Acquiring New Skills for your Job Search – A Three-Part Webinar Series

Welcome to the AAA Career Webinar Series!



AAA Career Webinar Series, September 2020

Sept. 10: The Art of Persuasion: Articulating Anthropology's Value to a Prospective Employer

Sept. 17: Demystifying the Fear around Job Searches

Sept. 24: Deep Hanging Out...Digitally: Social Media Strategies for the Contemporary Job Market



Webinar Logistics

- Visual descriptions appear in slide deck along with presenters' self-introductions and comments
- Please turn off your video and microphone unless speaking
- Open and use the Chat function; write **QUESTION** to pose a question and feel free to respond to any chat
- See postings on the AAA website: 1) Career webinar recordings, 2) PPT slide decks, 3) Resources, 4) Chat Q&As



Jenessa Spears Visual Description

I am Jenessa Spears, a white woman with glasses and long hair. I am in my home office and den, in front of a wall of windows that provide a view of our garden.



Demystifying the Fear around Job Searches

Thursday, September 17, 2020



AMERICAN ANTHROPOLOGICAL ASSOCIATION
Advancing Knowledge, Solving Human Problems

Demystifying the Fear around Job Searches – Webinar Outline Review

1. **Introduction – *Why Demystifying the Fear Webinar?***
 - Beth Holland
2. **Demystifying the Fear around Job Searches**
 - Alison Davis & Jeanine Baker
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Beth Holland Visual Description

I am Beth Holland, a white woman with eyeglasses and long brown hair. Today I am wearing a white shirt with a black sweater. The off-white wall behind me has a print of a lighthouse.



Why a Webinar about Demystifying the Fear around Job Searches?

- The intention for the webinar – Fear can fuel inaction and procrastination and impact confidence
- The introduction of guest presenters from Woman Within and explanation of their organization and brother organization, ManKind Project
- How to apply this webinar to your job search in summary



Sources

Brene Brown is research professor at the University of Houston. She has spent the past two decades studying courage, vulnerability, shame, and empathy. Her latest book is *Dare to Lead*.

Daniel Goleman is a psychologist and science journalist. His 1995 book, *Emotional Intelligence* was on *The New York Times* bestsellers list.



Demystifying Fear

Alison Davis and Jeanine Baker
Woman Within International



Alison Davis Visual Description

I am Alison Davis, a white woman with long, blonde hair. I am sitting in my home office in France.



Jeanine Baker Visual Description

I am Jeanine Baker, a white woman with curly light brown hair. I am sitting in my home office in Houston, TX



Fight, Flight or Freeze

- Fight, Flight or Freeze responses are our body's natural response to fear.
- Our body has a stress response that reacts to perceived threats.
- We have hormonal and physiological changes in our body with fight, flight or freeze response.



Emotional Intelligence

Definition of Emotional Intelligence:

- The capacity to be aware of, control and express one's emotions.
- The ability to handle interpersonal relationships judiciously and empathically.



Five Major Categories of Feelings

- Sadness
- Anger
- Fear
- Shame
- Happiness



Shame Feeling

“Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.”

Brene Brown



Most Powerful Emotion

“Shame is the most powerful, master emotion. It’s the fear that we’re not good enough.”

Brene Brown



Power of Shame

“Shame derives its power from being unspeakable. If we name it and speak to it we’ve basically cut it off at the knees.”

Brene Brown



Visualization Exercise

This exercise helps us “see” things in a different way.



Woman Within Coaching Website

www.WomanWithin.org/Coaching



Strategies When a Moment of Stress Arises



This light bulb suggests the moment when a new idea comes to mind.



Recognize Fight, Flight, Freeze Responses in your Body

- Breathe and turn inward.
- Name and speak into the emotion.
- Remember fears feed Imposter Syndrome.
 - Imposter Syndrome definition: feelings of inadequacy that persist despite evident success
- Ask yourself about your deeper truths.



Cultivate Your Strengths

- Where do you stand out from your teammates/classmates?
 - Think about what your colleagues or clients say about you
 - Gather this data from performance evaluations, comments or emails.
- Create positive messages.



Use “I am” Statements

- Incorporate “I am” statements into your interview & LinkedIn profile.
 - Do the “I am” exercise to inform how to answer: “What is your key weakness/strength?”
 - Keep an inventory of these positive messages.
- Reframe imposter syndrome. Your body will follow your thoughts: “I am excited!” You don’t have to feel confident to act confident.



Practice, Practice, Practice

- Seek the help of a mentor or friend.
- Practice interview questions with that person.
- Use these opportunities to be aware of the fight, flight or freeze body responses.



Chat Q&A and Summary



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Summary: Demystifying the Fear around Job Searches

1. Recognize Fight, Flight, Freeze responses in your body.
2. Cultivate your strengths and create positive messages.
3. Use “I am” statements.
4. Practice interview responses with a mentor or friend.



Closing Remarks

- Complete evaluation of this webinar, emailed to you
- See postings on the AAA website: 1) Career webinar recordings, 2) PPT slide decks, 3) Resources, 4) Chat Q&As
- Register for the last September career webinar:

Sept. 24: Deep Hanging Out...Digitally: Social Media Strategies for the Contemporary Job Market



AAA Career Webinar Series – Next Week

Sept. 10: The Art of Persuasion: Articulating Anthropology's Value to a Prospective Employer

Sept. 17: Demystifying the Fear around Job Searches

Sept. 24: Deep Hanging Out...Digitally: Social Media Strategies for the Contemporary Job Market

